

NORTH COUNTRY REGION

EAT SMART NY



February 2018



FREE Community Workshops

Plattsburgh

Price Chopper

19 Centre Dr.

***Grocery Store Tour**

Fri, Feb. 2, 9, 16, 23 @ 2:45pm

Plattsburgh Interfaith

Food Shelf

127 Beekman St.

Harvest of the Month

Tues, Feb. 20 @ 9am & 9:30am

Cooking Matters

Thurs, Feb. 22 @ 9am & 9:30am

Fri, Feb. 23 @ 9am & 9:30am

Salvation Army Soup Kitchen

4804 S. Catherine St.

Harvest of the Month

Wed, Feb. 21 @ 12:30pm

West Chazy

YMCA Beekmantown

After School Program

37 Eagle Way

Cooking Matters Chefs & Kids

Tues, Feb. 13 & 27 @ 4pm

West Plattsburgh

St. Joseph & St. Alexander's

Soup Kitchen

1349 Military Turnpike

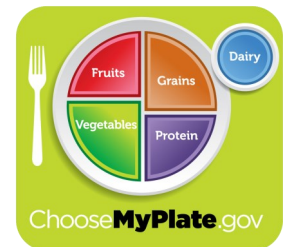
MyPlate for My Family

Thurs, Feb. 8 @ 4pm

Eat Healthy be Active

Thurs, Feb. 22 @ 4pm

Balance calories with physical activity!



To qualify for a **store tour** you must receive SNAP or WIC, have children in Head Start, or receive free or reduced price lunches. Store Tours are 1x per lifetime, per person. Space is limited.

\$10 GROCERY CARDS ARE LIMITED AND NOT GUARANTEED.

Call (518) 561-7450 to RSVP

The most up-to-date information on classes, store tours & more at northcountryeatSMARTny.org



Cornell Cooperative Extension

Toll-Free: 1-844-3MY-ESNY



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